

Asthma, Obesity, and Exercise

Among Mississippi Adults, 2004-2006



MISSISSIPPI STATE DEPARTMENT OF HEALTH

ASTHMA & OBESITY

In 2006, Mississippi had the highest adult obesity rate in the nation (31.4%). Research shows that people who are obese are more likely than people who are not obese to develop asthma. In people who are obese, extra stomach fat may make breathing difficult. In addition, poorly controlled asthma symptoms may prevent adults with asthma from getting the exercise they need to maintain a healthy weight.

In 2006, 148,000 Mississippi adults had asthma; 64,000 of these were obese.

BODY MASS INDEX

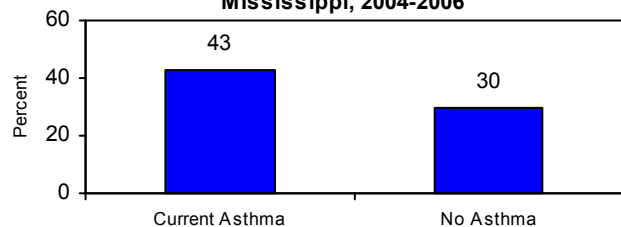
For adults, overweight and obesity are measured by a number called the Body Mass Index (BMI). BMI is calculated using a person's weight and height. BMI is used instead of weight because, for most people, it shows how much body fat a person has.

OBESITY AMONG MISSISSIPPI ADULTS

From 2004 to 2006, more adults with asthma than adults without asthma were obese.

43% of adults with asthma were obese, compared to 30% of adults without asthma.

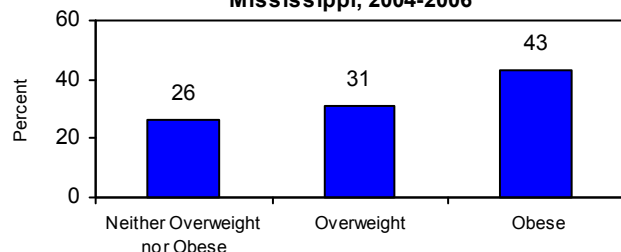
Adults who were Obese, by Asthma Status, Mississippi, 2004-2006



BODY MASS INDEX AMONG ADULTS WITH ASTHMA

From 2004 to 2006, 26% of adults with asthma were neither overweight nor obese, 31% were overweight, and 43% were obese.

Adults with Asthma by BMI Category, Mississippi, 2004-2006



43% of all Mississippi adults with asthma are obese. More adults with asthma than adults without asthma are obese. There are no race or gender differences in the percent of adults with asthma who are obese.

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ASTHMA & EXERCISE

HOW ARE ASTHMA AND EXERCISE RELATED?

People with well-controlled asthma can fully participate in physical activities. If a person's asthma is not under control, asthma symptoms may prevent their participation in physical activities. Asthma symptoms include shortness of breath, coughing, wheezing, and chest tightness/pain.

For some people with asthma, exercise can cause asthma symptoms. People with asthma should use quick-relief asthma medication 15 minutes before exercise to prevent symptoms due to Exercise-Induced Asthma (EIA). Certain activities may be better for people with EIA. Swimming, walking, leisure biking and hiking are less likely to trigger EIA.

EXERCISE IN MEN vs. WOMEN WITH ASTHMA

From 2004 to 2006, more women than men with asthma reported no exercise in the past 30 days.

40% of adults with asthma reported no exercise in the past 30 days, compared to 31% of adults without asthma.

EXERCISE IN WHITE vs. BLACK ADULTS WITH ASTHMA

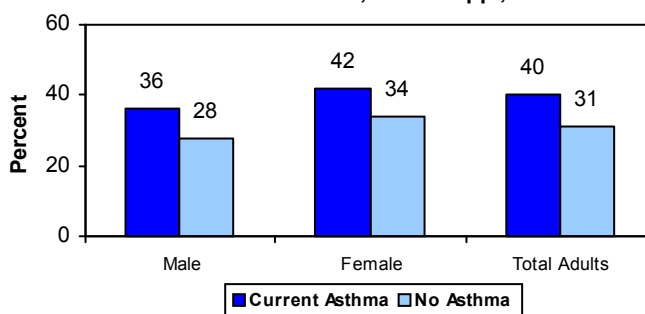
From 2004 to 2006, slightly more white than black adults with asthma reported no exercise in the past 30 days.

RECOMMENDATIONS FOR ACTION

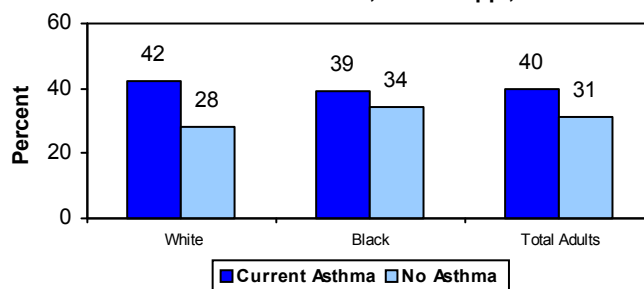
Healthcare providers and adults with asthma should work together to develop an asthma treatment plan. The asthma treatment plan should include a plan for symptom-free exercise.

Because asthma and obesity are related, it is important to address obesity to reduce the burden of asthma. Healthcare providers and communities should develop weight management and exercise programs targeted to Mississippi adults with asthma.

Adults who had no Exercise in the Past 30 Days by Asthma Status & Gender, Mississippi, 2004-2006



Adults who had no Exercise in the Past 30 Days by Asthma Status & Race, Mississippi, 2004-2006



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Source: Mississippi Behavioral Risk Factor Surveillance System (BRFSS), 2004-2006